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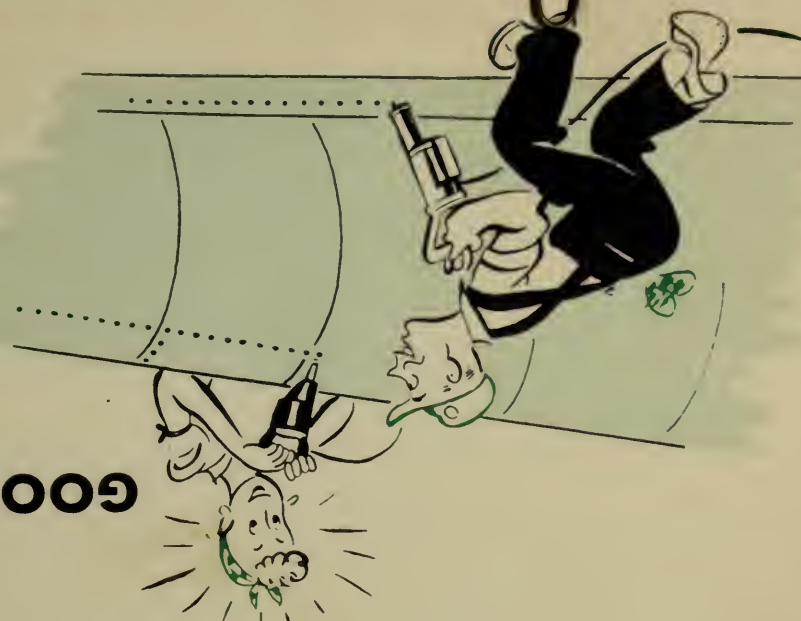


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BOOK NUMBER F735E
467120

EAT A LUNCH THAT PACKS A PUNCH!

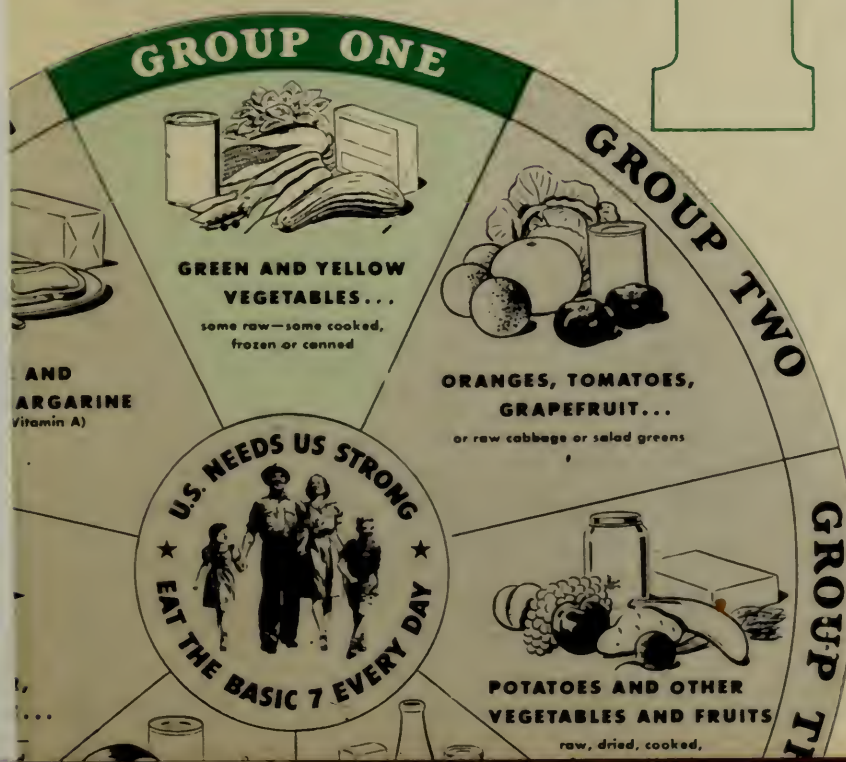
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GOOD EYESIGHT PAYS!

467120

FACTS ABOUT GROUP 1



GREEN AND YELLOW VEGETABLES

Here's Vitamin A for you! All green and yellow vegetables contain it; and, when you pick a dark leafy one, you're getting an extra generous supply.

And here's what it does for you! Vitamin A helps prevent night blindness . . . helps normal growth in children . . . helps promote normal resistance to colds, sore throat, and pneumonia. Keep it working for you!

So eat green and yellow vegetables EVERY day—some raw—some cooked, frozen, or canned. They are the best source of valuable Vitamin A—and many supply Vitamin C, B, iron, or riboflavin, too!

**AT LUNCH AND AT HOME
...EAT THE BASIC 7
EVERY DAY AND
DO YOURSELF A FAVOR!**



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EAT A LUNCH THAT PACKS A PUNCH!

U. S. Department of Agriculture
War Food Administration



PROTECT YOURSELF FROM ILLNESS

EAT LUNCH AND AT HOME . . . EAT THE BASIC 7 EVERY DAY AND DO YOURSELF A FAVOR!



FACTS ABOUT GROUP 2

**ORANGES, GRAPEFRUIT, TOMATOES,
RAW CABBAGE, OR SALAD GREENS**

Get Vitamin C all year round in citrus fruits and tomatoes, fresh or canned. For variety, add certain fruits and vegetables in season. Fresh strawberries, salad greens, fresh raw cabbage, cantaloupes, and pineapples are among the other Vitamin C sources to keep in your mind, and on your menu.

You need it to keep fit! Vitamin C helps maintain the health of the entire body . . . muscles, bones, teeth, even blood vessels.

So eat citrus fruits, tomatoes, or fresh greens EVERY day for Vitamin C—for much needed minerals—and for some Vitamins A and B, too!

Eat a lunch that packs a punch!

HELPS YOU
DISH IT OUT



FACTS ABOUT GROUP

3

POTATOES AND OTHER VEGETABLES AND FRUITS

For good, all-round nutrition, the long list of vegetables and fruits in this group provides a healthful variety of minerals and vitamins—rather than outstanding amounts of any one food value. So eat your favorites, raw, dried, cooked, frozen, or canned! They'll help you enjoy good health!

Give the humble potato its duel! It's one of the most important foods in this group, and one of the best sources of food-energy and body-building proteins among the fruits and vegetables. It supplies iron and Vitamins B and C, too.

Eat some foods from this group EVERY day. All vegetables and fruits not included in Groups 1, 2, and 5 belong to this big food family.

**At lunch and at home . . .
eat the Basic 7 every day
and do yourself a favor!**

EAT A LUNCH THAT PACKS A PUNCH

U. S. Department of Agriculture—War Food Administration ☆ G P O



FOR STRONG TEETH AND BONES



FACTS ABOUT GROUP

4

MILK AND MILK PRODUCTS

Here's calcium for strong bones and teeth! In fact, three-quarters of the calcium in the average American diet comes from milk in some form . . . fresh milk; evaporated, dried, or skim milk; cheese. So "drink your milk" in whatever form you prefer—there's good nutrition in *all* milk products!

Milk's a body builder, too! Like eggs, meat, and poultry, it provides first-class protein to help build muscle and tissue.

So include some milk products in your diet EVERY day! There is no other food group that supplies in so concentrated a form the calcium you need.

AT LUNCH AND AT HOME... EAT THE BASIC 7 EVERY DAY AND DO YOURSELF A FAVOR!



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**EAT A LUNCH
THAT PACKS A
PUNCH!**

FACTS ABOUT GROUP 5

**MEAT, POULTRY, FISH, EGGS, DRIED BEANS
OR PEAS, NUTS, PEANUT BUTTER**

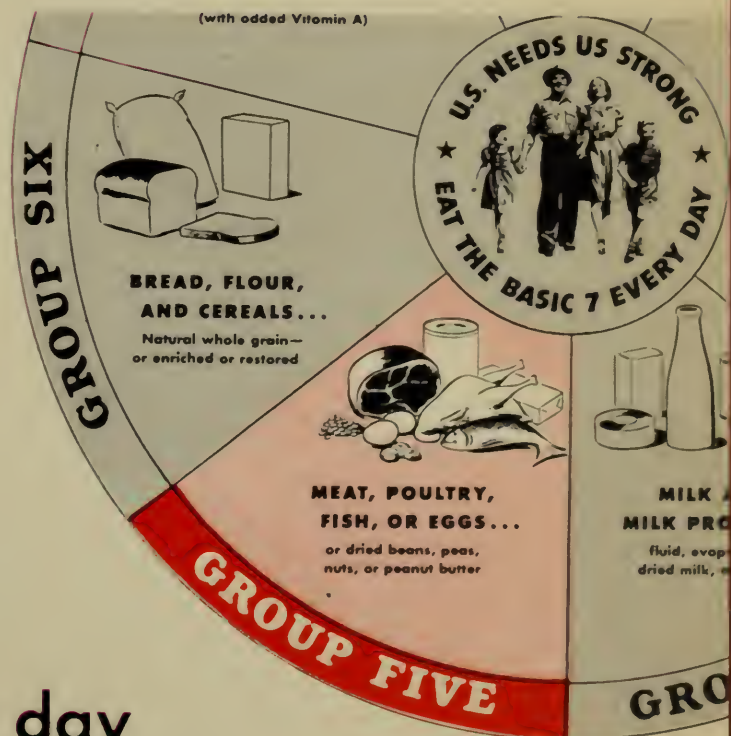
Here's protein to help you keep strong and fit. All the foods in this important group are rich in protein. In addition, they furnish food energy, and in most cases important amounts of one or more parts of the Vitamin B complex.

Eat some food from this group every day.

At lunch and at home . . .

**eat the Basic 7 every day
and do yourself a favor!**

U. S. Department of Agriculture—War Food Administration



EAT A LUNCH THAT PACKS A PUNCH



TEN STRIKE FOR ENERGY

FACTS ABOUT GROUP 6

BREAD, FLOUR, AND CEREALS—NATURAL WHOLE-GRAIN, ENRICHED, OR RESTORED

Here's wholesome, whole-grain nourishment for you, complete with the vitamins and minerals contained in the original grain, including thiamin (Vitamin B₁), niacin, and iron.

You get valuable food energy, too—in all these breads and cereals. Eat them every day—to help give you the "pep" you need.

Rich in protein—which supplements the meat, eggs, milk, poultry, and other protein-rich foods in your diet.



AT LUNCH AND AT HOME...
EAT THE BASIC 7 EVERY DAY
AND DO YOURSELF A FAVOR!

**EAT A LUNCH
THAT PACKS A
PUNCH**



**AVOID THAT
TIRED FEELING**

At lunch and at home... eat the Basic 7 every day and do yourself a favor!

FACTS ABOUT GROUP 7

BUTTER, AND FORTIFIED MARGARINE
with added Vitamin A

These are "fuel foods," rich in energy-giving calories to help you avoid that tired feeling. In addition, both butter and fortified margarine contain important amounts of valuable Vitamin A... and both add staying power to a meal—prevent that "empty feeling" soon after eating.

Eat butter or fortified margarine every day! Your body is like a machine. These fuel foods help keep it running well.





